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ABSTRACT

Presented in this booklet are brief descriptions of items and activities that are symbolic of Portuguese culture. Some of the items and activities described include traditional costumes, musical instruments, the Portuguese flag and national symbol, and cassette recordings of Portuguese songs. Several recipes for Portuguese dishes are provided. A resource list is included. (EB)

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THINGS PORTUGUESE

by Margaret F. Araujo

illustrated by Roger Moses

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CHECKLIST OF KIT CONTENTS

1. 1 copy, Things Portuguese

2. 1 boy's costume: trousers, shirt, carapuça (knit cap), and sash

3. 1 girl's costume: blouse, sete saias ("7 skirts"--consisting of 1 heavy outer skirt and 6 underskirts), apron, and scarf

4. 1 basket

5. 1 O Cavaquinho (Ukulele)

6. 1 set Escravos de Job (a Game): three red and three yellow boxes

7. 1 flag

8. 1 rooster

9. 1 cassette tape: Escravos de Job and 23 Portuguese Songs to enjoy, and Portuguese Songs We Can Sing

10. 1 copy, From Maderia to the Sandwich Islands The Story of a Portuguese Family in Hawaii

THE COSTUMES

Each region of continental Portugal, as well as the island groups of Madeira and the Azores, boasts a unique regional costume--from the gold medals and chain necklaces of northern Portugal to the tailored trim green, blue and red "cowboy" outfits of Ribatejo and the red wool capes of Madeira. The stark black shawls of the fado (FA-du)* singers of Lisbon, the long white gowns of the girls of Tomar, the shredded black robes of the young students at Coimbra--these are all a part of colorful Portugal.

The costumes selected for this kit are those worn in the fishing village of Nazaré (nah-zah-RAY) on the northwest coast of Portugal. The village bears a rough resemblence to our Haunama Bay in that Nazaré is located in a beautiful bay surrounded by high cliffs. The beach itself is a long, wide golden crescent, with surf stretching out to dangerous breakers and a treacherous sea beyond. The only industry is sardine fishing, and the villagers are hard-working, sturdy folk.

Boy's Costume

The fishermen wear warm loose clothes for the long cold nights on the ships. Trousers are full-cut for working ease, with cords attached to the hems to permit securing them at knee height when working on wave-swept decks. By tradition, plaid printed shirts and pants are worn by the men.

The men wear a knit stocking cap called a carapuça (ka-ra-POO-sah), which also serves as a carry-all for money, dry cigarettes and matches.

A black sash is used as a trouser belt, except for festive occasions when a bright red sash becomes a gay decoration.

*Capitals signify accent.

Shoes are more of a hinderance than an asset for these fisherfolk, as constant walking in sand or on wet decks makes shoes unnecessary.

Basket

The women of the village work at cleaning and drying the sardines brought in by the men, carrying the fish from the boats to the work areas on the beach in baskets balanced high on their heads.

In other parts of Portugal, baskets are used by women to carry laundry, flowers, and food. The baskets are handwoven in

Portugal, and the women balance them on their heads leaving both hands free, to carry a baby in one hand and to lead a donkey in another.

The baskets vary in size, and the one in your kit is among the smallest.

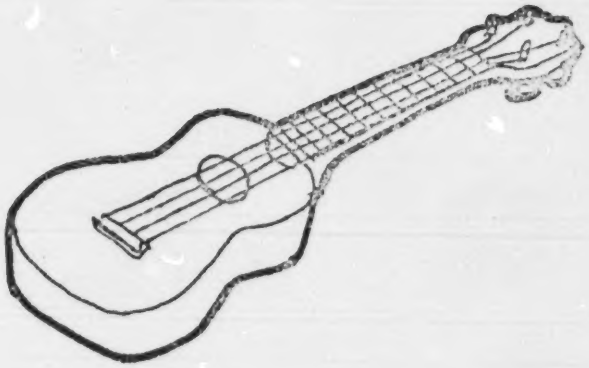
Girl's Costume

Prim blouses in small dainty prints decorated with lace trims are set off by the famous sete saias (set SIGH-ahs)--the "seven skirts" worn by all women: a heavy outer skirt plus six under-skirts all trimmed around the edges. The thickness and weight of these skirts plus the basket of fish balanced on the head account for the unusual swinging walk of the village women. The song "Petticoats of Portugal" was written about these women and their sete saias.

Aprons are always worn in Portugal--those for festive occasions brightened with gay embroidery--over work clothes or holiday costumes. A scarf or shawl is worn when the baskets are not in use.

MUSICAL INSTRUMENT

O Cavaquinho (Ukulele)



The "native" Hawaiian instrument called the "ukulele" is really a native of Portugal, brought across the sea by the early Portuguese, and adopted by Hawaii. The instrument is now a little smaller than the original Portuguese instrument, and generally made of Hawaiian woods instead of Portuguese wood.

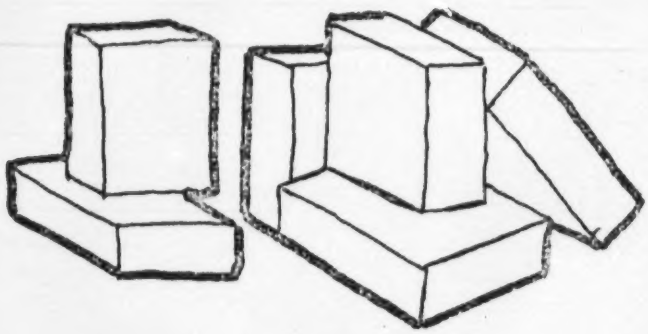
The name, Cavaquinho (ka-va-KING-you), is native to Lisbon, although the instrument is known as the Branquinho (Brahg-EEN-you) in the northern city of Braga, and as the Machete de Madeira (ma-SHEY-tee dee ma-DAY-rra) in the Portuguese island group called Madeira. Many names have been cited for credit in introducing the ukulele to Hawaii; however, positive proof is lacking, so they shall not be named here. Neither will an attempt be made to name the first person to make an instrument in Hawaii, for positive proof, again, is lacking.

The means of introduction is generally accepted as that of early voyagers from Portugal to Hawaii. The first instrument was brought by a Portuguese who didn't know how to play it, but it was played by a fellow passenger. The names of these men have been sadly lost.

Escravos de Job (A Game)

Escravos de Job (ehz-CRAH-voos dee zhoh) is played by children with little beanbags or little boxes that rattle, and by adults who use handy half-filled match boxes. The game is an "elimination process" with anyone making an error or breaking the rhythm stepping out until the last remaining player is declared Champion. The game starts slowly but the rhythm gets faster as players are eliminated. Each player must have a box, and any number can play--the more the merrier! Play on the floor or on a table.

In your kit are three red and three yellow matchboxes.



The play:

Objects are passed from left to right, in rhythm to the beat of the melody. Each player picks up the box from the player on his left and deposits it within reach of the player on his right. This is the basic play: pick up and pass on, in the rhythm and beat of the melody.

With the words "zippy, zippy, zippy, za" (whether sung, hummed, whistled or during the silent phase), the play changes as follows:

On the first "zippy", the box is picked up from the left as usual.

On the second "zippy", the box is NOT released, but merely tapped on the right side of the player.

On the third "zippy", the box is carried back to the left of the player, and tapped, but not released, on the table.

On the word "za", the box is carried to the player's right and deposited on the table within reach of the next player as usual, and the play continues back to the basic: pick up and pass on.

The vocal:

There are four parts to the vocalization of the game:

1. The verse is sung by all players:
2. The melody is hummed only;
3. The melody is whistled only;
4. The objects are passed in silence, with the only sound being that of the boxes themselves hitting the table and keeping the rhythm.

Note: The four parts of the song are recorded in the cassette tape included in your kit. After Part 1, in which the words are sung aloud, players must MENTALLY sing the words in order to ascertain the placement of the words "zippy, zippy, zippy, za" and the corresponding change from the basic play.

Player elimination:

An error in rhythm or a "pass" instead of a "tap" will cause a pile-up of boxes and stop the game. The guilty player or players must step out, and a box removed for each player

eliminated. The play may pick up from the point at which the error happened, or the players may elect to start from Part 1 again. The game, however, continues until the last remaining player is declared Champion.

The words:

Note: After Part 1 in which the words are sung aloud, begin Part 2 (humming) without a break in the rhythm, and so on into Part 3 and Part 4.

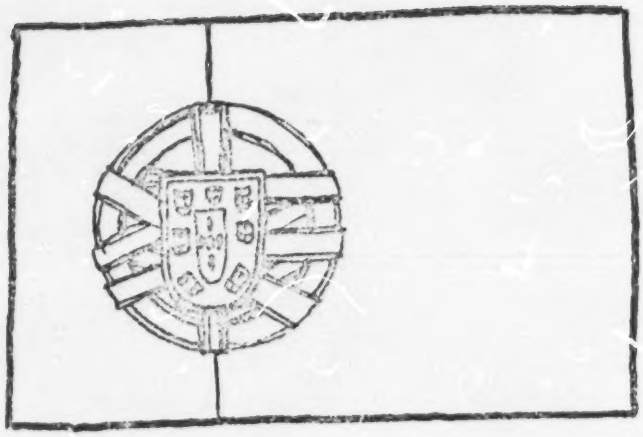
Escravos de Job, jogavam o cachangā;
Tira, bota, leva o zambelê
Que faz guerreiros com guerreiros
zippy, zippy, zippy, za!
guerreiros com guerreiros
zippy, zippy, zippy, za!

Note: The words have a rough translation as follows:
Slaves of Job, they play their little game
They pick, they pass, they carry their bundles.
They make warriors out of warriors,
Zippy, zippy, zippy, za. (quickly)

FLAG

The Portuguese flag, design adopted in 1910, has both religious and secular significance. Portugal is a predominantly Catholic nation, and this is reflected in the development of the Catholic Church in Hawaii.

The five dots in each of the shields represent the five wounds of Christ. The bands around the globe represent the navigational routes of the early Portuguese explorers. The



seven castles represent the Moorish outposts that had to be captured before Portugal could establish its own sovereign government in 1295 A. D. under Afonso III.

THE ROOSTER: SYMBOL OF PORTUGAL

The rooster has long been the symbol of Portugal, as is the eagle for the United States. A delightful, moral tale is traditionally credited with the selection of the rooster for Portugal.

The story is set in the era of the early regional kings of Portugal, and is about a humble villager who is accused of theft and sentenced to death.

The man loudly proclaimed his innocence, and demanded to be set free. His jailors paid him no mind and laughed at his cries for freedom. As his execution day neared, however, his constant insistence on his innocence impressed one of the jailors who promised to speak to the king on his behalf.

The jailor had no opportunity to approach the king until the day of the execution. The jailor carried the condemned man's plea to the king during a large banquet. In good humor due to the festive occasion, the king granted the request for an audience, and the villager was brought before him.

"So you're innocent, are you?," laughed the king.

"Yes, Sir, I am. Before God, I swear it," answered the villager.

"Ah, but you have been accused and sentenced to death and I can't change the sentence on just your word without proof. How do you think you can prove your innocence, my good man?"

"But, sir, I swear that I am innocent," the man insisted. He looked around the banquet room in desperation, seeking some way, some help. His eye fell on a servant carrying in a large platter of fowl, steaming with seasonings. He fell on his knees. "Lord God," he prayed, "as Peter, your servant, denied you at the cock's cro , would that you show my innocence as your humble servant by this rooster's crow...."

All eyes turned to the platter of steaming cooked fowl and widened in wonder and amazement as the rooster got up, ruffled his feathers and crowed loudly.

"The Lord has indeed spoken," the king said softly, and raising his voice, he proclaimed: "Let this be a lesson to each of us never to sit in quick judgment of our fellow man. The rooster, henceforth, shall be a reminder to us and to our children after us of this, the Lord's message. So shall it be in our land forever!"

The rooster, gaily decorated with bright designs, remains Portugal's symbol and can be seen in almost every home and on every festive occasion, shaped in loaves of holiday bread and stamped on children's candies.

CASSETTE TAPE RECORDING

On one side of the cassette tape in your kit is recorded the music for the game Escrovos de Job and 23 Portuguese songs to enjoy. The 23 Songs to enjoy are recorded from the record "23 Cantigas de Roda" (Carroussell O Canto das Crianças No. 1) and include the following:

1. Ciranda, Cirandinha
2. Meu Limão, meu Limoeiro
3. Terezinha de Jesus
4. Onde está a Margarida?
5. Nesta rua tem um Bosque
6. O Cravo brigou com a Rosa
7. Eu fui no Tororó
8. Na Bahia tem
9. Samba, Lêlê
10. Garibalde
11. Olha o Boi
12. O Cachorrinho
13. Aí, eu entrei na Roda
14. Vamos, Maninha
15. Minha Machadinha
16. Rebola, Bola
17. Mais uma Boneca
18. Você me chamou de feio
19. Roda, Pião
20. O Coelhinho
21. A Canôa virou
22. Marcha, Soldado
23. Vi sentada uma Barata

The side "Portuguese Songs We Can Sing" was recorded from the record "Cantigas de Roda Para O Seu Filho Aprender a Cantar." The words and the English translations of these songs are written below:

CACHORRINHO ESTÃ LATINDO

Cachorrinho está latindo lá no fundo do quintal Cala a bôca cachorrinho, Deixa o meu benzinho entrar Creola-la, creola-la-la-la Creola-la, não sou eu que caio lá	The doggie is barking in the yard! Be quiet, Doggie, Let my darling enter. Creola-la, creola-la-la-la Creola-la, it's not I who's falling...
Meu potinho de melado, Meu cestinho de cará Quem quizer comer comigo, Feche a porta e venha cá Creola-la, creola-la-la-la Creola-la, não sou eu que caio lá	The drink is sweet, The basket has fish, Who wishes to eat with me, Close the door and come in. Creola-la, creola-la-la-la Creola-la, it's not I who's falling...
Atirei um cravo n'água, De pesado foi ao fundo Os peixinhos responderam: "Viva D. Pedro II" Creola-la, creola-la-la-la Creola-la, não sou eu que caio lá	I threw a carnation in the water, And it floated to the bottom, The fish answered: "Long live Dom Pedro II" Creola-la, creola-la-la-la Creola-la, it's not I who's falling...

Narration:

My name is Lulu--I'm a happy little doggie. Besides being man's best friend, I wrote this little song for all of you to sing along with me.

(music)

Now, everybody bark!

LOBO MAU

Big, Bad Wolf

Ah! Ah! Ah! Ah!	Ah! Ah! Ah! Ah!
Quem tem mêdo do Lôbo Mau,	Who's afraid of the big, bad wolf;
Lôbo Mau, Lôbo Mau	Big, bad wolf; big, bad wolf?
Quem tem mêdo do Lôbo Mau,	Who's afraid of the big, bad wolf,
Tra-la-la-la-la	Tra-la-la-la-la.

Narration:

I'm a wolf, but I'm not a BAD wolf--I'm friendly and good, and I want you to sing along with me, OK?

PIROLITO QUE BATE

A Clapping Dance

Pirolito que bate, bate	Pirolito is a clapping dance
Pirolito que já bateu	Pirolito--clap and stamp
Quem gosta de mim é ela,	I love her and she loves me;
Quem gosta dela sou eu	She loves me and I love her.
Pirolito que bate, bate	Pirolito is a clapping dance
Pirolito que já bateu	Pirolito--clap and stamp
A menina que eu amava	The girl that I loved in the olden days
Coitadinha já morreu	Poor thing has died and gone away...

Narration:

This is a fun dance--you slap your knees, clap your hands, stamp your feet and sing!

O CRAVO E A ROSA

The Carnation and the Rose

O cravo brigou co'a rosa	The carnation fought with the rose
Debaixo de uma sacada	Under a balcony;
O cravo saiu ferido,	The carnation left, wounded;
A rosa despedaçada	The rose was torn in shreds.
O cravo ficou doente	The carnation became ill and
A rosa foi visitar	The rose paid a visit;
O cravo teve um desmaio,	The carnation fainted away,
A rosa pôs-se a chorar	And the rose cried tears of shame.

Narration:

In this little song, the Carnation fought with the Rose--but it's just a little fable, because you must never hurt your brothers and sisters, or friends, or animals. And you must never harm or destroy plants and flowers. Because they all suffer as we do. Now--let's all sing....

FUI NO ITORORÓ

I Went to a Waterfall

Eu fui no Itororó,
Beber água não achei
Achei bela morena que
no Itororó deixei
Aproveite minha gente,
Que uma noite não é nada
Se não dormir agora,
Dormirá de madrugada
Oh! Mariazinha, oh! Mariazinha
Entrarás na roda,
Ficarás sozinha

I went to the Waterfall
to drink water I couldn't find,
Instead, I found a pretty maid
that I left there behind.
Live, my friend, for the night
is short and will soon be gone,
If you don't sleep tonight,
Then sleep when it's dawn.
Oh! little Mary; oh, little Mary--
You'll dance in our circle
and you'll never marry.

Sozinha eu não fico,
Nem hei de ficar
Pois um de vocês
há de ser meu par

Single I won't stay,
Because I won't have to be--
One of you here today
will be the mate for me.

Narration:

My little friends, there's nothing like water when you're thirsty. And water is indispensible to life. So, while we go again to the Waterfall to see if we can find water this time, let's all sing...now!

(Final verse)

Tira, tira o seu pezinho
Põe aqui ao pé do meu
E depois não vá dizer
Que você se arrependeu, deu, deu.

Take your little foot
and put it next to mine,
And don't you ever say
that you have changed your mind.

ATIREI UM PAU NO GATO

I Spanked the Cat

Atirei um pau no gato-to
Mas o gato-to,
Não morreu-reu-reu
Dona Chica-ca 'dmirou-se-se
Do berro, do berro que o
gato deu, deu, deu (Miau)

I spanked the cat, cat, cat
But the cat,
Cat, cat didn't die, die, die.
Mrs. Chica-ca didn't know, know, know
That the cry of the
cat was so high, high, high.

Narration:

I'm Kitten Meow. I like to eat, sleep, listen to music... but I don't like to get spanked! You must never mistreat animals, hear? Now, listen to my little song and sing. One, two, three...go! (Final)...Now lets sing together.

NESTA RUA TEM UM BOSQUE

On This Street, There's a Park

Nesta rua,	On this street,
Nesta rua tem um bosque	On this street, there's a park
Que se chama,	That is called,
Que se chama solidão	That is called a private park...
Dentro dele,	And within,
Dentro dele mora um anjo	And within, an angel lives
Que roubou,	Who stole away,
Que roubou meu coração	Who stole away my beating heart.
Se eu roubei,	If I stole,
Se eu roubei teu coração	If I stole your lovely heart
Tu roubaste,	It's because,
Tu roubaste o meu também	It's because you stole mine, too.
Se eu roubei,	If I stole,
Se eu roubei teu coração	If I stole your lovely heart
É porque,	It's because,
É porque te quero bem	It's because I love you, too.
Se esta rua,	If this street,
Se esta rua fôsse minha	If this street, were but all mine,
Eu mandava,	I would pave,
Eu mandava ladrilhar	I would pave for none but you
Com pedrinhas,	These little streets,
Com predrinhas de brilhantes	These little paths with diamonds bright
Para o meu,	For my love,
Para o meu amor passar	For my love, for you.

Narration:

It would be nice if all streets had little parks with trees and cool paths where you could play and run and sing a song like this...

MARCHA, SOLDADO

March, Soldier!

Um, dois, um, dois,...	One, two, one, two...
Marcha soldado,	March, soldier,
Cabeça de papel	Made of paper
Se não marchar direito,	If you don't march correctly,
Vai prêso pro quartel	You'll go to jail.
Quartel pegou fogo,	The jail caught fire,
Bombeiro deu sinal	The fireman sounded the alarm:
Acode, acode,	"Wake up,
Acode a Bandeira Nacional	Wake up the National Guard!"
Marcha soldado,	March, soldier,
Cabeça de papel	Made of paper
Se não marchar direito,	If you don't march correctly,
Vai prêso pro quartel	You'll go to jail.
Um, dois -Feijão com arroz	One, two -beans with rice
Três, quatro-Feijão no prato	Three, four -beans on the plate
Cinco, seis -Feijão inglês	Five, six -English beans
Sete, oito -Comer biscoito	Seven, eight-eat cookies
Nove, dez -Comer pastéis	Nine, ten -eat pupus
Um, dois, um, dois...	One, two, one, two...

CARNEIRINHO, CARNEIRÃO

Little Lamb, Little Sheep

Carneirinho, carneirão,	Little lamb,
Neirão, Neirão	Little sheep,
Olhai pro céu, olhai pro chão,	Look up to heaven,
Pro chão, pro chão	Look down at your feet;
Diga à Deus,	Say to God:
Nosso Senhor, Senhor, Senhor	Lord, Lord, Lord...
Para todos, se levantarem.	Now, everyone: Stand Up!
Carneirinho, carneirão,	Little lamb,
Neirão, neirão	Little sheep,
Olhai pro céu, olhai pro chão,	Look up to heaven,
Pro chão, pro chão	Look down at your feet;
Diga à Deus,	Say to God:
Nosso Senhor, Senhor, Senhor	Lord, Lord, Lord...
Para todos, se ajoelharem.	Now, everyone: Kneel Down!
Carneirinho, carneirão,	Little lamb,
Neirão, neirão	Little sheep,
Olhai pro céu, olhai pro chão,	Look up to heaven,
Pro chão, pro chão	Look down at your feet;
Diga à Deus,	Say to God:
Nosso Senhor, Senhor, Senhor	Lord, Lord, Lord...
Para todos, se sentarem.	Now, everyone: Sit Down!
(Final) Carneirinho, carneirão méééééé	(Final) Little lamb, little sheep, Ma-a-a-a-a-a-a...

CIRANDA, CIRANDINHA

Dance in a Circle

Ciranda, cirandinha vamos
todos cirandar
Vamos dar a meia-volta,
Volta e meia vamos dar
O anel que tu me destes,
Era vidro e se quebrou
O amor que tu me tinhas,
Era pouco e se acabou
Ciranda, cirandinha, vamos
todos cirandar
Vamos ver D. Maria,
Que já está prá se casar
Por isso D. Maria,
Entre dentro desta roda
Diga um verso bem bonito,
Diga adeus e vá se embora
Ciranda, cirandinha vamos
todos cirandar
Vamos dar a meia-volta,
Volta e meia vamos dar

Let's make a
little circle,
Let's make a half-turn--
A half-turn, let's dance.
The ring you gave me
was glass and it broke,
The love you had for me
Was weak and it's over.
Let's all make a
little circle,
Look, here's Mary
who's ready to marry
And is here
to dance in our circle
To sing a pretty verse,
Say good bye and go...
Let's make a
little circle,
Let's make a half-turn--
A half-turn, let's dance.

Narration:

Let's make a circle and make our own pretty verse to the music. Ready? Go!

Por isso D. Maria,
Entre dentro desta roda
Diga um verso bem bonito,
Diga adeus e vá se embora

Here's Mary
to dance in our circle,
To sing a pretty verse,
Say goodbye and go....

CAI, CAI BALÃO

Fall, Fall Bubble

Cai, cai balão,
Cai, cai balão
Na rua do sabão
Não cai não, não cai não,
Não cai não
Cai aqui na minha mão.

Fall! Fall, bubble!
Fall! Fall, bubble!
On your soapy road...
Don't fall! No,
Don't fall--
Fall here in my hand.

Narration:

My little friends, you ought never play with fire, or kites, or even soap bubbles without supervision lest you get hurt. Let's think of this as we all sing together...

CHAPÈUZINHO VERMELHO

Little Red Riding Hood

Pela estrada afora,
Eu vou bem sozinha
Levar esses dôces
    para a vovózinha
A estrada é longa,
O caminho é deserto
E o Lôbo Mau
    está aqui por perto

Along the lonely lane,
I'm going alone
To take these goodies
    to my Grannie dear;
The road is long,
The way is deserted,
And the big, bad wolf
    is very near.

Hoje estou contente,
Vai haver festança
Quero um bom petisco,
Para encher a minha pança

Today I'm happy:
There'll be a little feast;
A tasty morsel
    to fill the belly of this beast!

Narration:

You all know what happened when the wolf tried to eat Little Red Riding Hood and...well, let's leave the rest for later....Attention! One, two, three...Now!

(everyone sing)

When the wolf tried to eat Little Red Riding Hood, a hunter appeared with his gun, and...Pow! Bam! He killed the wolf! And that's it!

PEIXE VIVO

A Fish Out of Water

Como pode um peixe vivo,
Viver fora d'água fria
Como poderei viver,
Como poderei viver
Sem a tua, sem a tua,
Sem a tua companhia
Os pastôres desta aldeia,
Já me fazem zombaria
Por me ver assim chorando,
Por me ver assim chorando
Sem a tua, sem a tua,
Sem a tua companhia

Like a fish out of water,
Out of the sea...
Without you, without you,
That's what I've come to be.
Without you, without you,
Without your company.
The shepherds in the hills,
I hear their laughter and jeers,
When they see me crying,
When they see my tears;
Without you, without you,
Without your company.

Narration:

Fish which live in water have a life very different from ours on land. Did you know that there are over 30 thousand species of fish in the ocean, lakes and rivers of the world? While you sing now, they'll dance in the water...

DORME NENÊ

Sleep, Little Baby

Dorme nenê,	Sleep, little baby,
Que um anjo em sonho vem	Dream of angels near;
Papai for à roça,	Your Daddy's in the fields,
Mamãe logo vem	And your Mommy's right here.

Narration:

Before you go to sleep each night, remember to say your prayers: pray that the angels will watch over you, that you'll be good to Mommy and Daddy and your little friends, and that you'll study well to grow up strong and smart. Let's all sing very softly now...

PORTUGUESE RECIPES

The following recipes, other than the recipe for bean soup, were taken from the pamphlet, Portuguese Recipes, Home Service Department, Hawaiian Electric Company. The bean soup recipe is from Anna Gouveia, whose story is told in From Madeira to the Sandwich Islands.

Bean Soup

2 cups dried beans (pinto, pink or kidney)
1 ham hock
1 onion, chopped
1 lb Portuguese sausage (mild or hot, according to your taste)
½ can tomato sauce
½ pumpkin or yellow squash, diced
1 small cabbage, chopped
½ cup salad macaroni
1 teaspoon rock salt

Wash beans. In a large saucepan soak beans in 2 quarts water overnight. Cook beans in same water with ham hock 1 hour. Add onion, tomato sauce, and pumpkin. Cook 20 minutes. Add cabbage, macaroni, salt and Portuguese sausage, cut in 1-inch slices. Cook 10 minutes. Serve with hot French bread.

Malassadas (Portuguese Doughnuts)

1 pkg active dry yeast
1 teaspoon sugar
¼ cup warm water
6 eggs
6 cups flour
½ cup sugar
¼ cup butter or margarine, melted
1 cup evaporated milk
1 cup water
1 teaspoon salt
Deep fat for frying

Dissolve yeast and the 1 teaspoon sugar in warm water. In small bowl of electric mixer, beat eggs until thick. Measure flour into a large bowl; make a well in the center. Add yeast, eggs, and remaining ingredients; beat thoroughly to form a soft smooth dough. Cover and let rise until doubled. With a circular motion following the outer edge of bowl, turn dough and let rise until doubled. Heat deep fat to 375°F. Spoon teaspoonfuls of dough carefully from bowl to keep risen dough from falling. Drop into fat and fry until browned. Drain on absorbent paper, shake in a bag with granulated sugar, and serve hot. Makes 7 dozen.

Green Salad

1 head romaine
3 chicory leaves
½ bunch watercress
½ small red onion, thinly sliced
1 large tomato, diced
½ cup pitted ripe olives, sliced
½ cup garbanzo beans
¼ cup salad oil (olive oil or wine vinegar may be substituted)
¼ cup lemon juice
Rock salt
Freshly ground black pepper

In a salad bowl, break romaine, chicory, and watercress into bite-size pieces. Add onion, tomato, olives, and garbanzo beans. Using a wire whisk, whip salad oil with lemon juice. Pour over salad and toss gently. Serve with rock salt and freshly ground black pepper. Makes 12 servings.

Pão Doce (Sweet Bread)

2 pkg active dry yeast
½ cup warm potato water
3 tablespoons sugar
1 cup mashed potatoes
1/8 teaspoon ginger
½ cup milk
2 teaspoons salt
6 eggs
1 3/4 cups sugar
½ cup butter or margarine, melted
8 cups flour

Dissolve yeast in potato water. Stir in the 3 tablespoons sugar, potatoes, and ginger. Cover; let rise until doubled ½ hour. Scald milk; add salt and cool to lukewarm. In small bowl of electric mixer, beat eggs; gradually beat in the 1 3/4 cups sugar. Stir into yeast mixture. Add butter and mix well. Stir in 2 cups of the flour, then the milk. Add 2 more cups of the flour; beat 5 minutes. Stir in enough remaining flour to make a stiff dough. Place on lightly floured board and knead in remaining flour until dough is smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover with dish towel; let rise until doubled. Grease four 9 x 5 x 3-inch loaf pans. On a lightly floured board, divide dough into fourths. Shape each fourth into a loaf; place in prepared pans. Cover; let rise until doubled. Preheat electric oven to 325°F. Bake for 45 minutes or until done. Makes 4 loaves.

WHERE WE BOUGHT EVERYTHING

Eleven of these kits have been placed at the public libraries throughout the islands of Hawaii. If you would like to have a kit of your own, feel free to xerox this book. Below, you can find out where we obtained all the items included in the kit. Although some of the items were obtained from Portugal by the Portuguese Council of Hawaii, it may be simpler for you to locate similar items at the newly opened business, Freitas of Hawaii.

Freitas of Hawaii Portuguese Imports
35 Kainehe Street
Suite 109
Kailua, Hawaii 96734 Ph: 261-9941

Rooster

World Wide Distributors
1132 Auahi Street
Honolulu, Hawaii 96814 Ph: 536-1734

Ukulele

Portuguese Council of Hawaii
c/o Ms. Margaret Araujo
834 Ocean View Drive
Honolulu, Hawaii 96817

carapuça (knit cap)
flag
basket
game-escravos de job
music for cassette tape recordings
boy's costumes (sewn by Council members)
girl's costumes (sewn by Council members)

Ethnic Resource Center for the Pacific
c/o Educational Foundations
1776 University Ave., Wist Annex 2-222
Honolulu, Hawaii 96822 Ph: 948-7859

From Madeira to the Sandwich Islands: The Story of a Portuguese Family in Hawaii

Distributed to all Department of Education schools; limited copies available at the University of Hawaii Bookstore.